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Housekeepers' Chat

Friday, October 18, 1929

Not for Publication

Subject: "Another Sunday Menu." From Bureau of Home Economics, U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes" and "Home Baking."

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Let's begin with the Sunday menu this morning. While you are sharpening your pencils and filling your pens I'll get my recipes in order. We begin with chicken today, and conclude with cake and ice cream.

Everybody prepared to write a Sunday menu? Smothered Chicken; Sweet Potatoes and Apples; Broccoli; Quince Jelly; and Peach Ice Cream and Cup Cakes.

First, I shall give you the directions for cooking the Smothered Chicken. If you have never served this dish, I think you'll be glad to add it to your meat dishes. Only five ingredients, for Smothered Chicken:

1 broiler chicken weighing about 2 to 2-1/2 pounds	2 tablespoons flour
4 tablespoons butter	1/2 teaspoon salt, and 1 pint milk

Five ingredients, for Smothered Chicken: (Repeat).

Put the chicken in a greased shallow pan, with the skin side down, and sprinkle lightly with salt. Prepare a sauce of the butter, flour, salt, and milk. Pour this sauce over the chicken. Put the pan into a moderate oven and cook for 1 hour. Turn the chicken and continue the cooking for one-half hour longer or until the chicken is tender and lightly browned. Serve from the dish in which cooked garnished with chopped parsley. If the gravy is slightly curdled remove the chicken, add a little flour and milk, stir until well blended and smooth, add the chicken, reheat, and serve.

Now let's have the Sweet Potatoes and Apples, baked together. Only four ingredients, for this appetizing dish:

3 medium-sized sweet potatoes	1/2 cup sugar, and
4 medium-sized apples	3 tablespoons butter

Four ingredients, for Sweet Potatoes with Apples: (Repeat).

Wash the sweet potatoes, and cook them in their skins, in boiling water. Cool, and skin. Cut the potatoes and apples into slices. Place

in alternate layers in a buttered baking dish. Sprinkle sugar over each layer. Add a little water and bake until apples and sweet potatoes are soft, and brown on top.

How many of you have ever cooked Broccoli? Broccoli is a close relative of Cauliflower. The flower head of broccoli is green, however, instead of white, and grows on a high-branching, leafy stalk. Because of this long stalk, some people have thought that broccoli must be a cross between asparagus and cauliflower, but the botanists tell us that there has been no such intermarriage in the vegetable kingdom.

The flower heads and the more tender parts of the stalk are the parts of broccoli to eat. It is cooked in the same way as any other green vegetable, in salted boiling water. Just as soon as it becomes tender, which should be in 20 to 25 minutes, drain it, and serve with melted butter, or Hollandaise sauce.

The cup cakes can be made according to the foundation cake recipe, in the baking bulletin. Bake in muffin tins, and frost with one of the frostings mentioned in the Radio Cookbook. You see how hard it is to get along without the Radio Cookbook. On page 75, there are recipes for Vanilla Frosting, Caramel Frosting, Chocolate Frosting, and Uncooked Orange Icing. Take your choice, for the Cup Cakes.

Maybe I had better say a few words about the baking bulletin, known as "Home Baking." It is just the same size as the Radio Cookbook, and will fit very nicely into the back of the cookbook. The Baking Bulletin includes recipes for yeast breads, quick breads, cakes, cookies, and pastry. It is a free bulletin.

We'd better repeat the Sunday dinner, before we forget it: Smothered Chicken; Sweet Potatoes and Apples; Broccoli; Quince Jelly; and Peach Ice Cream and Cup Cakes.

Three questions to answer, before the closing bell rings.

First question: "Do you have a recipe for griddle cakes, made with graham flour?"

Answer: In the baking bulletin you will find a recipe for griddle cakes. Graham flour may be substituted for part of the sifted soft wheat flour. I would not, however, advise using all graham flour in pancakes, because they might be too tender to turn easily. Graham flour, of course, does not have so much gluten in it as white flour and, therefore, makes a less elastic batter or dough.

Second question: "How can I make a pie crust which will not sink down into the pan, when baking?"

Answer: In baking pastry shells, let the dough extend well over the edge of the pie pan instead of trimming it off close. Then when it shrinks during baking it will not creep down the side of the pan.

Last question: "Do you have a recipe for ice-box cookies?"

Answer: I am sending you a copy of the baking bulletin, which contains recipes for cookies. Practically any kind of a stiff cookie dough may be rolled up, wrapped in wax paper, put in the ice box or in a cold place for several hours, and then cut into thin slices and baked. Any kind of cookies made in this way might be called ice-box cookies. This is a very easy way to make cookies because it saves all the trouble of rolling out and cutting on a board.

And that's all, till Monday.

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